

## ABSTRACT OF THE DISCLOSURE

A footwear piece having a platform and a fluid assembly. The platform supports a wearer's foot and is engagable with an underlying surface. The platform has a rear heel region for engaging the wearer's heel and a sole region forwardly of the heel region for engaging a portion of the wearer's foot including the ball and toes of the wearer's foot. The fluid assembly has a first chamber containing a first quantity of a first fluid. The fluid assembly is provided on the platform and configured so that as the wearer of the footwear piece walks or runs, the wearer's heel is caused to apply a force to the first chamber that causes at least a portion of the first quantity of the first fluid to be discharged from the first chamber in such a manner that impact forces imparted from the platform to the wearer's heel are absorbed.